



## Episode 7: Smoking Part 2

### Question

*Our neighbours keep talking about the benefits of 'smoking' food. Besides sounding unhealthy, what exactly does smoking mean?*

*Scott in Buckhorn*

### Answer

Unlike the 'other habit' associated with the term 'smoking' – food smoking is the process of cooking food (typically at a very slow pace) with the help of various smokes (healthy ones).

There are a variety of smoking methods available on the market, including some of our customers who have made home-grown systems. The ones we typically prefer are air-tight smokers, because they lock-in the juices ensuring moist foods.

One of our favourite smokers is the Vermont Castings smoker. It is unique on the market due to its size, stainless steel construction, as well as embedded water pan and cast iron smoker box for wood chips. For more information, visit [www.vermontcastings.com](http://www.vermontcastings.com).



Another one of our favourites is the Big Green Egg. This will be the last smoker or BBQ you will ever want to (or need to) buy. With this unit, cooking all year round is a breeze and you get the benefits of using natural lump charcoal (we do not recommend using briquettes). It is worth a visit to [www.biggreenegg.com](http://www.biggreenegg.com) to see pictures and be certain to visit the message boards for amazing tips and recipes.

Of course, one of the most important aspects of smoking is incorporating various flavours to the cooking process. Our most popular flavours would be Jack Daniels and hickory, although mesquite, alder, pecan and Tabasco have become very popular as well.



For any questions on this episode, please email: [tvtips@friendlyfires.ca](mailto:tvtips@friendlyfires.ca).

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